WHY BIGGER ISN'T ALWAYS BETTER

'BIGOREXIA' IS A SCARY REALITY FOR SOME MEN. PAGE 16

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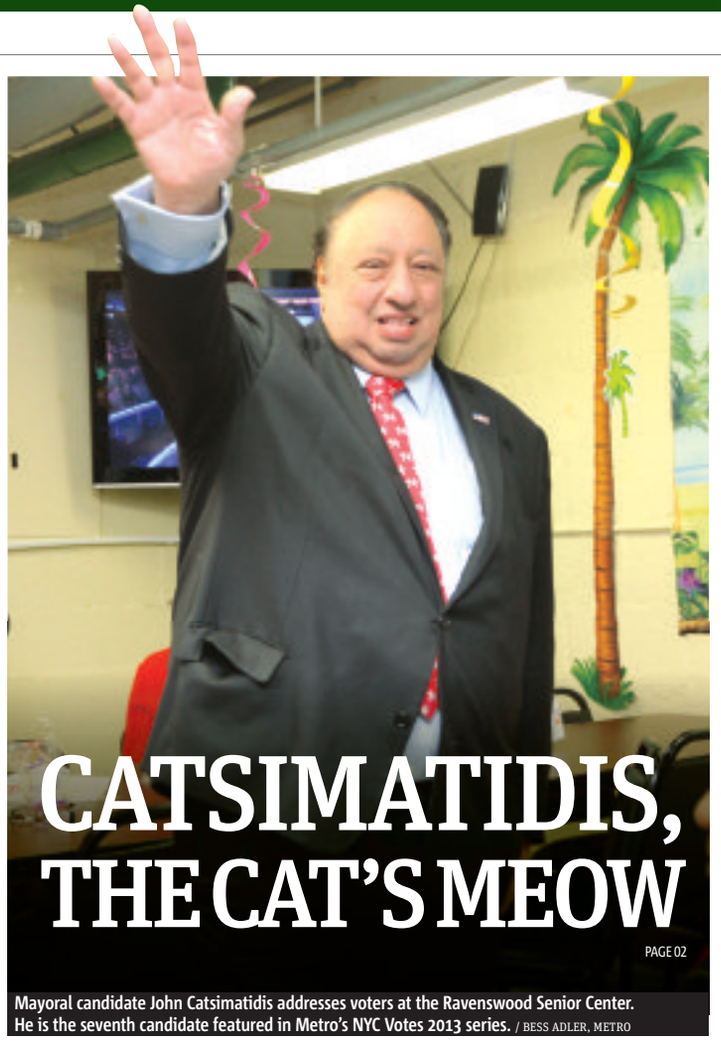

CATSIMATIDIS, THE CAT'S MEOW

PAGE 02

Mayoral candidate John Catsimatidis addresses voters at the Ravenswood Senior Center. He is the seventh candidate featured in Metro's NYC Votes 2013 series. / BESS ADLER, METRO

Election. De Blasio crosses runoff line in new mayoral poll

PAGE 04

Judge JLo. Lopez, Connick Jr., even Urban become 'Idol' hands

PAGE 08

TV. Mark Duplass enjoys getting to be the man-child

PAGE 10

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1 NEWS

Top 3

What's trending online at Metro.us

1 'ICYMI: "Roast of James Franco" wrap-up'

2 'VIDEO: George Takei's "bold" endorsement for Christine Quinn'

3 'Elie Tahari Day honors fashion designer'

Quoted

"Poor people deserve to feel safe too."
John Catsimatidis

Mayoral Candidate John Catsimatidis greets voters at the Archbishop Iakovos Senior Center and Ravenswood Senior Center at the Ravenswood Houses. / BESS ADLER, METRO

Catsimatidis' newest venture: NYC mayor

Money man. The Gristedes owner has his sights set on Gracie Mansion.

As John Catsimatidis, the Gristedes supermarket mogul, worked the room at a senior center last week, a woman inquired, "Are you applying for mayor?"

A delighted Catsimatidis responded, "I'm applying for the job of mayor!"

"I'm 65 years old," Catsimatidis informed residents repeatedly that day at various senior centers around Queens. "All my friends are retiring, and I'm applying for a new job!"

There is indeed a degree to which Catsimatidis appears to see his mayoral run as yet another business venture — perhaps not an especially lucrative one for the billionaire, but one in which his business acumen can be put to use.

His proposed approach to dealing with the city pension crisis Mayor Michael Bloomberg has repeatedly warned of draws heavily from private-sector practices: a push toward a model of paying workers "more money up front so they can live better and have them create their own 401K plan."

"You can't have a 70 percent benefit plan where you're paying a person $100 but it's actually costing the city $170," he said.

Perhaps surprisingly for a man of his means, Catsimatidis supports an increase in the minimum wage, and even said he has "talked to some of the Democrats and Republicans in Albany" about a plan for a progressive increase: 16- to 22-year-olds would have a lower minimum wage because, Catsimatidis said, they are likely living with their parents.

Those 23 and older would have a higher minimum wage, based on the notion that they are likely supporting themselves and their own households.

Catsimatidis prides himself on not being a career politician — unlike "professional politicians [who] depend on lobbyists to go from job to job." He is the classic billionaire candidate. As he repeatedly notes, he does not have any need for lobbyist money. Perhaps for this reason, his campaign does not seem to concern itself with political correctness.

Later, as staffers deliberated on how to fit a reporter into a crowded car for an interview, Catsimatidis turned to a young male staffer and, gesturing to the female reporter and a female photographer, asked, "You don't mind squeezing between two girls?"

The staffer smiled and responded that he did not mind, and Catsimatidis turned to the female reporter, and asked with a grin, "Can you handle him?"

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

What to expect

New city workers would be given higher salaries up front and create their own 401K plans, as private sector workers do. Current workers' situations would remain largely the same.

- He said he believes there should be an inspector general to oversee the MTA.
- He wouldn't appeal the soda ban.
- He'd increase minimum wage on a scale — lower for workers under 22 living with their parents.
- He will fight City Council's inspector general bill, "But if it's the law ... I will obey the law."

NYC votes 2013

Contenders

This is the seventh in a series of profiles that Metro will run on mayoral and comptroller candidates before the upcoming primary on Sept. 10.

Giving back

"I've made enough money. It's not about money for me anymore. ... I want to be able to give back to our city."
John Catsimatidis

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Mystery. Man admits to murdering SI mom in Turkey: Report

The man accused of murdering Sarai Sierra earlier this year confessed in Turkish court on Tuesday to killing the Staten Island mother of two, NY1 reported.

Sierra was found dead in Istanbul in February after she went missing while on vacation. The case made national headlines.

The defendant, Ziya Tasali, reportedly admitted to killing the 33-year-old New Yorker by hitting her in the head with a rock. He denied allegations that he sexually assaulted her.

Tasali will be placed under court-ordered observation to assess his mental state, as his lawyer insisted he does not understand the meaning and consequences of his actions.

Prosecutors are pushing for a life sentence. The trial is scheduled to resume in November.

DANIELLE TCHOLAKIAN

Elevator blaze

No injuries in Bowery fire

Fire officials responded to a fire Tuesday morning that broke out at the Bowery Hotel.

The fire reportedly started in the elevator machine room on the third floor of the hotel.

The FDNY said that 20 units and about 78 firefighters responded.

It has been deemed an accidental fire. No injuries were reported.

DANIELLE TCHOLAKIAN

Poll: De Blasio could avoid mayoral runoff

Over the line. The public advocate is polling high enough to grab the Democratic nomination.

Bill de Blasio is in first place with one week left to the primary. / MILES DIXON, METRO

The latest poll on the mayor's race suggests that Public Advocate Bill de Blasio will get enough votes to clinch the Democratic nomination without a runoff election.

Of 750 likely Democratic primary voters surveyed, de Blasio has 43 percent of the vote, according to a Quinnipiac University poll released Tuesday.

Former City Comptroller Bill Thompson trails 13 points behind de Blasio at 20 percent and City Council Speaker Christine Quinn has 18 percent of the vote, according to the poll.

Former Congressman Anthony Weiner has 7 percent and current City Comptroller John Liu is at 4 percent. Eight percent were still undecided.

The poll comes a week before the primary, when a Democratic candidate needs 40 percent of the vote to avoid a runoff election between the top two contenders.

The poll shows de Blasio with 47 percent of black voters and 44 percent of women voters.

Hot mayoral race

"If he does, his first contribution could be to the New York City budget — saving the expense of a runoff election."

Maurice Carroll, director of the Quinnipiac University Polling Institute

ANNA SANDERS
anna.sanders@metro.us

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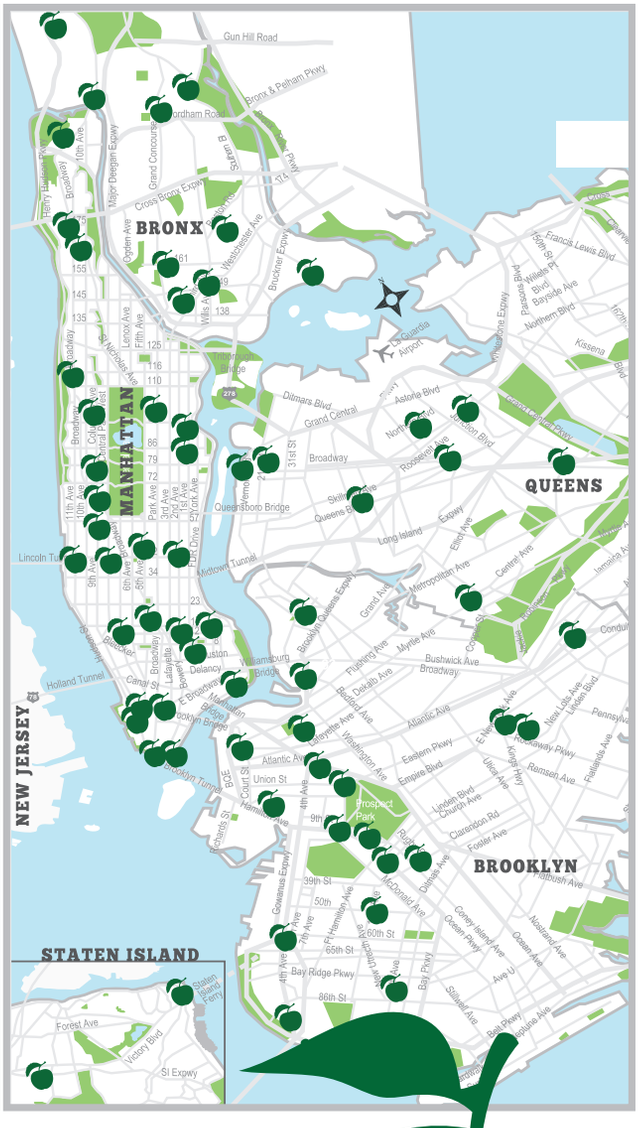

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'Up Yonda Butterfly Farm, Lake George, NY'

Tracy Crinion, Seaford, New York, Category: Smell

Top Republicans back strike

Leaving. After two and a half years of war, nearly one Syrian in three has been driven from home.

President Barack Obama won the backing of two top Republicans in Congress in his call for limited U.S. strikes on Syria to punish President Bashar al-Assad for his suspected use of chemical weapons.

Speaking after the United Nations said 2 million Syrians had fled a conflict that posed the greatest threat to world peace since the Vietnam War, Obama said the United States also has a broader plan to help rebels defeat Assad's forces.

In remarks that appeared to question the legality of U.S. plans to strike Syria without U.N. backing, U.N. Secretary-General Ban Ki-moon said the use of force is only legal when it is in self-defense or with U.N. Security Council authorization.

He said that if U.N. inspectors confirm the use of chemical weapons in Syria, the Security Council, which has long been deadlocked on the Syrian civil war, should overcome its differences and take action.

Obama met congressional leaders at the White House yesterday to urge a prompt decision and assure them that it did not mean another long war. **REUTERS**

Syrian refugees arrive in Turkey at the Cilvegozu crossing gate of Reyhanli, in Hatay. / GETTY IMAGES

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Authorization

UN's ban casts doubt on legality of US attack plans

In addition to U.N. Secretary-General Ban Ki-moon seemingly questioning the legality of U.S. plans to strike Syria without U.N. backing, he also suggested that a U.S. attack could lead to further turmoil in conflict-ravaged Syria.

Ban was speaking to reporters after President Obama won the backing of two top Republicans in Congress in his call for limited strikes on Syria to punish President Bashar al-Assad for using chemical weapons on civilians.

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2

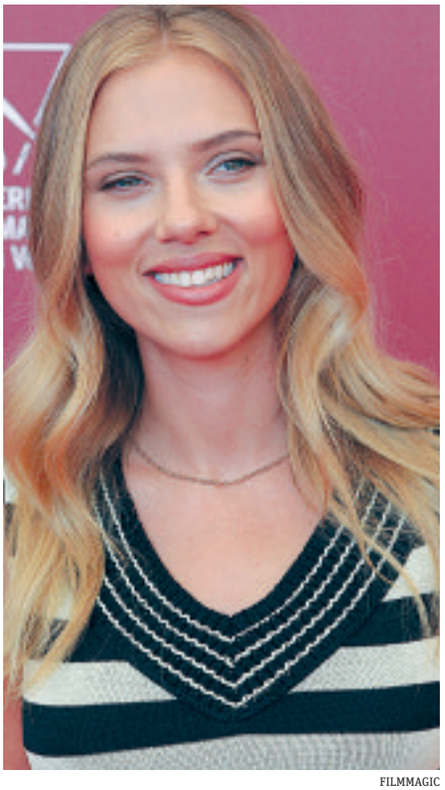
CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Justin Bieber doesn't know where he's going.

@justinbieber: Another plane. Where am I off to next?



FILMMAGIC

Johansson supports Hillary Clinton in 2016

Actress Scarlett Johansson was spotted on the red carpet for her new film, "Under The Skin," on Tuesday at the 70th Venice International Film Festival. In a recent interview with the U.K. edition of Harper's Bazaar, the actress proclaimed her love for Hillary Clinton. "I think Hillary Clinton would make a wonderful president," Johansson says. "I think we could only benefit from having someone in office who has been a mother. Women have a different perspective and appreciation of humanity because of that maternal instinct. It can only be a step forward."

Connick Jr. and Lopez join 'Idol'

After months of speculation, handsome Southern crooner Harry Connick Jr. and former "Idol" judge Jennifer Lopez are officially joining "American Idol 13," announced yesterday via a press release. The two join Keith Urban on the judge's panel; stalwart Randy Jackson will be back as "in-house" mentor with Ryan Seacrest as host.

"I have always been a huge fan of 'American Idol' and really enjoyed my time as a mentor on the show," said Connick. "I am truly excited to bring my perspective to 'American Idol.'" Meanwhile, Lopez simply tweeted, "#IDOL-2014TheRemix."

Let's hope this works — this past season was the lowest rated since the show began.

JENNIFER LOPEZ
GETTY IMAGES

HARRY CONNICK JR.
GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Talking points

HAYDEN PANETTIERE
GETTY IMAGES

Actually, Panettiere does not live with regrets

Hayden Panettiere is apparently having a hard time following her own advice, at least where body art is concerned. Recent paparazzi photos of the 24-year-old actress seem to reveal that she's in the process of having a tattoo removed from her back that reads, "live without regrets" in Italian. The tattoo on the left side of her back includes a spelling error. So, she doesn't take her own tattoo's advice — whatever it actually means.

The Smiths sell mansion

Will and Jada Pinkett Smith have decided to ditch their sprawling Calabasas, Calif., compound, according to the Real Estalker blog. The Hollywood power couple is reportedly looking to get $42 million for the property, which features manmade lakes, a hotel-size pool and facilities for tennis, volleyball and basketball.

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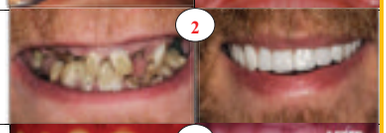

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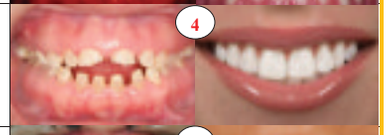

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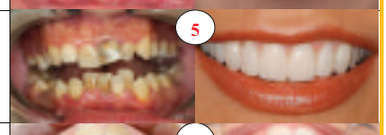

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Bonus question

As an actor, what are the challenges of doing TV versus film and hanging on to the same character?

"The League" is a bit like summer camp. I get to show up and just be an actor and improvise and have fun. And then I walk away. We're not really arc-ing these characters long-term. We're watching them in their stasis — we're watching their eternal state of man-childishness. The real challenge is trying to stay creatively relevant and stay creatively inspired. The thing that helps us the most with "The League" is it's an improvised show. We work from outlines, so you can never get to that lazy space where you just memorize your lines and spit them out. You always have to be on your feet, you always have to be paying attention, because you never know what's going to happen. It keeps you vital.

See more at www.metro.us

Mark Duplass likes playing an overgrown man child. / GETTY IMAGES

He's never growing up

Interview. Mark Duplass talks about the joys of playing a remorseless jerk on "The League."

To some, Mark Duplass is a filmmaker specializing in small dramedies like "The Puffy Chair," "Cyrus" and "Jeff, Who Lives at Home." To others, he's an actor who plays soulful slacker types in "Humpday," "Your Sister's Sister" and "Safety Not Guaranteed." But to most, arguably, he's Pete, the dude-ish fantasy football addict on "The League." Though it enters its fifth season starting tonight, Duplass says his character hasn't changed much — which is good.

How do you feel Pete has evolved over the seasons?

Here's the greatest thing about Pete and this show: Pete does not grow up. Every man-child movie or anything you watch, over the course of 90 minutes they learn their lessons and become good people. Pete's kind of a terrible human being. He's super shallow. He's very into fantasy football because he doesn't have very much else going on in his life. He really doesn't change — which I kind of love.

Do you think he'll ever change?

I think Pete's got a shot at beginning self-awareness around 75. But I wouldn't bet on it.

Are there any stray similarities between you and Pete?

No, I'm so different from him. He has this confidence — even if he doesn't work hard, he knows he's going to be fine in the world. I'm deathly afraid of failure and am pretty neurotic and I'm a workaholic because of that. If I don't create projects for myself, nothing will happen.

The cast mainly comprises comedic actors, whereas you and your wife (and co-star), Katie Aselton, come from movies.

The films that we've done are dramedies, so we have an appreciation for comedy. You just have to take ego out of it, and make sure you're not trying to be the funniest one in the scene all the time. You're just trying to make the funniest scene you can.

MATT PRIGGE
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Quoted

"I think Pete's got a shot at beginning self-awareness around 75. But I wouldn't bet on it."

Duplass, on his character on "The League."

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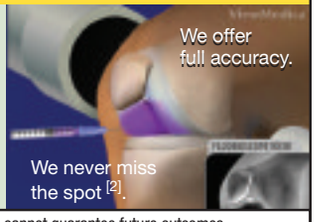

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The least expensive listing this week is a studio in the Hardwicke Hall at 314 E. 41st St. in Murray Hill. Marketed by Stribling, this co-op offers hardwood floors and building amenities include doorman, gym, live-in super and laundry in the building.

Streeteasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

STREETEASY

Praying for properties

Real estate. Agents are hoping for more listings as we move into fall.

August is usually the slowest time of year for NYC real estate — a month when brokers and home seekers alike head to the beach. The slump was even worse than normal this year, brokers said, thanks to the scarcity of new homes for sale. "This [was] an August on steroids — an extreme version of our August drought of inventory," said Jessica Cohen, a broker at Douglas Elliman.

Now that summer's over, however, brokers are hoping for a bumper crop of new listings, as homeowners return from the Hamptons and turn their attention to selling their apartments.

"Owners who aren't in a rush to sell are taking the time to assess the overall summer market and prepping their homes for a — hopefully — busier fall," said Brad Malow, an agent at Rutenberg Realty.

Manhattan historically sees a drop in inventory every August, followed by a bump in September, according to data from the appraisal firm Miller Samuel. Last year, for example, approximately 6,500 Manhattan homes were on the market at the beginning of August. That figure dropped to about 6,000 by the middle of the month, then climbed back past 6,500 in mid-September.

This year, however, there were only around 4,500 available Manhattan homes for sale in mid-August — "the lowest monthly total for any month that we've ever recorded," said Miller Samuel's Jonathan Miller, who's been tracking that data since 2000.

Now that summer's over, brokers are hoping for a batch of new listings to hit the market.
WWW.JUPITERIMAGES.COM

Luckily for brokers, "I would expect to see a Labor Day inventory bump," Miller said. He didn't venture a guess as to how many new listings, however. In the meantime, brokers bemoaned the lack of available properties, saying it feels like there's simply nothing left to sell.

"Most of our listings from this summer have already sold [or] rented," said Max Kozower, founder of the brokerage Maxwell Jacobs. "Most of our owners do not bring new listings to market in August, but wait until the fall." Naomi Muramatsu, the director of sales at Bond New York, said her firm, too, has far fewer listings now "compared to earlier in the summer."

Of the few available properties left, many are "problem" listings — priced too high or stale from sitting on the market too long, according to Betsy Hoffman, a broker at Brooklyn-based Brennan Real Estate.

"Listings that [aren't] problem listings should be gone by now," she said.

HAYLEY KAPLAN

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Bucking the trend

Why play the waiting game?

Some brokers buck that philosophy. Cohen, for example, said she tries to encourage clients to put their homes on the market during the summer rather than waiting for Labor Day.

"I don't see any reason to wait," she said. In the summer, "because there's so little inventory that comes out, [a listing has] the opportunity to get a lot of attention."

Late last month, for example, Cohen listed a two-bedroom co-op at 6 W. 77th St. for $1.88 million. And she and Elliman colleague Lisa Simonsen listed a townhouse at 7 E. 84th St. for $30 million on July 7. Since then, Cohen said, traffic has been strong.

"It's all about supply and demand."

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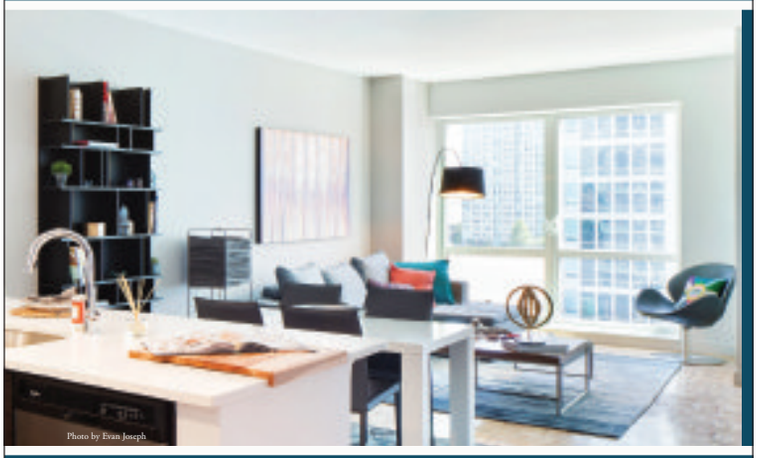
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Madison Capital's SoHo triangle

This rendering shows the new space looking west at Crosby and Houston streets. / THE REAL DEAL

Commercial real estate. The firm's $39 million offer won them this coveted retail site.

Midtown-based investor Madison Capital is planning to build a 26,700-square-foot, six-story office and retail building on a prominent triangular lot in SoHo, and we have a first look at the plans.

Madison Capital, led by co-founders Richard Wagman, Philippe Weissberg and J. Joseph Jacobson, agreed to buy the parcel, at 19 East Houston St. between Broadway and Crosby streets, for $25.825 million.

The design envisions a street wall of 63 feet fronting on Crosby, and 202.5 feet along Houston, plans filed with the city Landmarks Preservation Commission show. The building ends at a sharp angle at Broadway, leaving no frontage on the street.

The plan shows a 4,672-square-foot ground floor retail space with an option for another sliver of a retail space touching on Broadway. That tiny space, separated from the larger retail floor by a subway entrance, will be only measure about 150 square feet. The building will have a total of 14,822 square feet of above-ground retail on three levels, and 11,878 square feet of office space on floors four through six.

The heavy interest in the site — currently a parking lot for the Metropolitan Transportation Authority's New York City Transit emergency vehicles — underscores the demand for retail in SoHo. Madison beat out competitors including Bobby Cayre's Aurora Capital Associates, Harry Macklowe's Macklowe Investment Properties and six other bidders.

The MTA, which controls the city-owned parcel through a master lease, will turn the property over to the city, which will in turn hand over control to Madison Capital. The entire process which includes review by the LPC is expected to be completed by August 2014, MTA documents show. The plan is scheduled for an LPC hearing on Sept. 10.

ADAM PINCUS

Therealdeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

Here's a current view of the lot. / THE REAL DEAL

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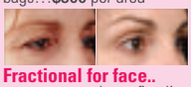

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Statement heels

Designer interview. Gianvito Rossi talks about working with his dad, Sergio, and upping a woman's sex appeal.

Italian-born shoe designer Gianvito Rossi grew up surrounded by women's shoes. Learning the ropes from his father — Sergio Rossi, who he worked under for a decade — Gianvito used his inherited and honed skills to launch his own label back in 2007. He has since become a regular fixture on the Milan Fashion Week schedule, but his stamp will be noticed during New York Fashion Week, too, as his sexy stilettos are sure to pop up on many a fashion editor at the shows. He's also been featured in the likes of The New Yorker, stocked in Barneys New York and coveted by stylish names, including Natalie Joos and Leandra Medine. We caught up with the designer to get a greater understanding of how his creative process unfolds.

What was the biggest lesson you learned from your father?
There is always a way to make things better, and you should never stop looking for that.

Finish this sentence: "A woman in heels is ... "
Dangerous.

When you design, who gets to test out your creations?
The girls in the design team try them. It is fun!

Some of your shoes are ultra-sexy. How do you capture sex appeal?
I try to design a shoe that exalts a woman's natural sex appeal in a way I would be attracted by. I actually work for my visual pleasure!

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See AeroQuad at World Maker Faire

AeroQuad is a quadcopter project that freely shares its software and hardware, and is controlled by an Arduino Uno or Mega, or alternatively, AeroQuad's STM32-based flight control board which packs a magnetometer, gyroscope and accelerometer. Additionally, the latest software includes support for more than four rotors. If that weren't enough, the AeroQuad site has a robust forum for helping you get your bird in the air.

Will you be attending World Maker Faire in New York this September? Be sure to swing by and check out the AeroQuad booth.

CONTENT PROVIDED BY

The quadcopter is one of the sights at this year's World Maker Faire. / WORLD MAKER FAIRE

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

KID STUFF?

Video games aren't just about beefy dudes holding impossibly sized guns. Sometimes, developers look to the young, or the young at heart, for inspiration. Here's a game that is ostensibly for kids, but offers enough gaming challenge for the sad, cynical minds of grown-ups.

'Rayman Legends'

Systems: 360/PS3/Wii U
Maker: Ubisoft

Rayman is a platforming mascot character that dates back to 1995. It was a time of O.J. It was a time of really, really slow Internet. In 2011, developer Ubisoft brought back the appendage-lacking thingamabob in a beast of a sidescroller called "Rayman Origins." Now, the little dude is back in "Rayman Legends."

If you played "Origins," or any Mario title, you'll know what to expect here. It's sidescrolling action at its purest. You jump on enemies. You look for secrets. It's an expert rendition of a well-worn formula, plus the cartoony graphics are stunning — like, call your ex-wife and try to get back together stunning.

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As many as 45 percent of men are afflicted by bigorexia or muscle dysmorphia, Dr. Raskin says. / GETTY IMAGES/PHOTODISC

Is a guy in your life 'bigorexic'?

Health. Body dysmorphic disorder doesn't just hit women.

Nicknamed "bigorexia," obsessive muscle mass bulking can damage mental and physical well-being, especially when it involves dangerous drug use.

"'Bigorexia' is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, an internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it."

"Depression and liver problems are potential side effects. There can also be changes in personality, including excessive aggression — 'roid rage' — and breast enlargement and acne," he says.

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their identity.

"They see these athletes using enhancement drugs and they think it's OK," says Dr. Raskin, who thinks efforts to educate people about the disorder need to start in schools. A healthy home life helps too. "The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem or [has] been rejected by a girl or boy," he says.

Warning signs include increased aggression and overdoing it on diet and exercise. "If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help. "It's necessary to get psychotherapy to find the underlying problems and treat them," the doctor advises. "Then, we work to balance out hormones. ... If caught early enough, an endocrinologist can usually reverse any problems."

LINDA CLARKE
letters@metro.us

Protein pointers

No drugs, no problem?

Even bigorexics who don't use drugs are prone to health problems from excessive exercise and consuming too much protein (found in meat, eggs and protein supplements).

"Overexercising can damage joints, especially in teens when bones aren't fully formed," Dr. Raskin says. "Eating lots of protein causes kidney damage and kidney stones."

For anyone trying to bulk up, take precautions. Dr. Raskin advises: "Bodybuilding should be done under careful supervision."

Quoted

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem or [has] been rejected by a girl or boy." Dr. Damon Raskin

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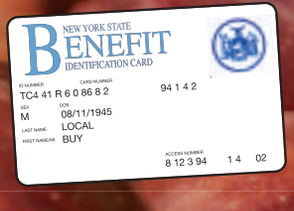

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CHAFING: IT WILL DEFINITELY RUB YOU THE WRONG WAY

See all these runners? They've likely experienced some painful running rub. / GETTY IMAGES, STOCKBYTE

On the Run

JIM CARROLL

Jim Carroll has been a New Yorker for more than 15 years but is about to experience one of the most quintessential New York experiences for the first time: the ING NYC Marathon. Join him each week on his journey to the finish line on Nov. 3.

Over the past several weeks, I feel a certain bond of trust has formed between us, dear readers. For instance, you know that at my core I generally hate running and am capable of weeping from calf cramps. So, I think I'm ready to write on a topic that makes every runner cringe: chafing.

Just the word alone makes me uncomfortable, like the word "moist." Both words so perfectly sound like what they describe that the word guys who invented them must have high-fived when they nailed those two. And, when it comes to running, "moist" and "chafing" go hand-in-hand. (Sorry for the disgusting visual.)

Chafing happens when clothing rubs repeatedly against an area, causing it to blister and become highly irritated, more so when moist or wet. It tends to happen in key areas like thighs, underarms, the groin and nipples (in men), which are particularly vulnerable, causing the nipples to bleed. Sorry, I know you can't unread that.

I've had personal encounters with chafing. It's almost impossible to avoid getting it at least once. In some ways, it's a rite of passage — a "wow, I didn't know my nipples could bleed" rite of passage.

Besides the nipples, the groin sees a lot of action, where chafing can mercilessly brutalize you on its own timetable. It's the Joseph Stalin of skin irritations — yes, I just compared chafing to Joseph Stalin. By the time you realize chafing has started in the groin area, it's too late — a week of wincing as you walk is in your future.

There are no real warning signs when it comes to chafing. One minute, you're running in the rain, actually feeling great; the next, your nipples feel as though they are the burning man at Burning Man. And it's even worse the next morning, as it tortures you like a one-night stand who won't go home and has already used your toothbrush. (I guess it'd be like hooking up with Joseph Stalin. Now, that's weird.)

Because chafing can bring even the most hardened runners to a stop, an ever-growing list of ways to prevent it has been handed down from runner to runner. I've gathered some here: Don't wear cotton shirts, wear seamless shorts, wash your sports bra after every run (women), use Vaseline, use BodyGlide, wear Band-Aids over your nipples (men), wear tight clothing that won't move, just don't run (me), wear spandex shorts, stay hydrated, use Shea butter, use baby oil, put a sandwich in your shorts. (OK, I made that last one up.)

I hope this gives you an idea of the pain that chafing causes runners, so that the next time you see a guy with Band-Aids on his nipples, you'll just give him a knowing nod and realize that it's not some freaky fashion statement — it's surviving Stalin.

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• The side of my toenails dig into the skin and hurt.
• I have a large bump behind my big toe (or little toe) which is always red.
• I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
• My toes aren't straight - they are crooked, bent and hurt.
• I have painful calluses on the ball of my foot which keep building up.
• I have corns on my toes which get thicker no matter what shoe size I wear.
• The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
• I have cramps in my legs which always happen when I walk the same distance.
• My ankles are swollen most of the time.
• My feet are always dry and scaly - sometimes they itch.
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Horoscope

♍ Virgo | Aug. 23-Sept. 22. Mix business with pleasure and socialize with people you like. If you create your own opportunities, you will gain respect.

♎ Libra | Sept. 23-Oct. 22. Keep something secret if it will help you avoid opposition. Taking on too much will work against you.

♏ Scorpio | Oct. 23-Nov. 21. You've got all the right moves, and Lady Luck will give you numerous chances to use them. Take on any challenge you face with confidence and verve to come out ahead.

♐ Sagittarius | Nov. 22-Dec. 21. Not everyone will see things your way. Make changes that will improve your financial situation, but make sure you have the facts and figures straight.

♑ Capricorn | Dec. 22-Jan 20. You'll have the edge when it comes to investments and medical concerns. Your common sense will lead to gains.

♒ Aquarius | Jan. 21-Feb 18. Reflect upon and size up your situation and you will know exactly what you must do regarding a difficult situation.

♓ Pisces | Feb. 19-March 20. Interaction will be the name of the game. Deal with your partners fairly, and success will come.

♈ Aries | March 21-April 20. Take part in activities that present a mental or physical challenge. What you accomplish will make a lasting impression.

♉ Taurus | April 21-May 21. Now's the time to put your nose to the grindstone. You can make a difference if you offer solutions and are passionate. Don't hold back and don't run away from conflict. Play to win.

♊ Gemini | May 22-June 20. Not everyone will agree with you, but you should still follow your heart and make the moves that will bring you the best return.

♋ Cancer | June 21-July 22. You can go far as long as you craft a detailed agenda and stick to it. An interesting approach to an old idea will pay off.

♌ Leo | July 23-Aug. 22. Do whatever it takes to bring about positive change in your life. Alter the scenery if you want a fresh perspective.

BERNICE BEDE OSOL

Sudoku: Easy and hard

1	7	3		4		2		8
			8	6				
6							3	
		1	9	7	5		4	
				8				
	5		6	3	2	1		
	2							3
				5	6			
4		8		1		5	9	6

6		8	1	2				
1					8			2
5			4	6			9	
8							4	
		3	5		2	1		
	1							5
	8			9	5			7
2			6					9
				1	4	5		6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

A picture's only worth a thousand English words

Last I heard, English was the language of America. If Metro wants to print a paper in another language, that's your First Amendment right, but please print MY morning paper in English. Also, in regards to the mess in Syria, by using chemical weapons, the Syrians have, in fact, threatened the entire world with the increased potential that someone else will use them! I do not believe it is America's place to respond. It should be international.

MARK NOBLE, VIA EMAIL

I was not happy with the front page of today's Metro in Spanish; I almost threw it away until I realized it was just the front page. What was the reasoning behind that? I thought in the good old U.S. we should be speaking English first and other languages second.

ELENA LAPORTE, VIA EMAIL

Metro's part of a good education

I'm sending this to let you know I've been reading your paper ever since I was in kindergarten (don't worry, I'm only in seventh grade), and I feel that you deserve to know (as if you don't know already) that your paper is truly awesome! Whether it's reading all about the daily crime, keeping up and laughing with Dorothy Robinson, glimpsing at my horoscope or playing (or at least trying to) the crossword, Metro made the first five years of my school train ride enjoyable. Now I'm leaping into my second year of being home-schooled and I make every effort to get a paper to know what goes on outside my doorstep.

MARK ZOOM, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

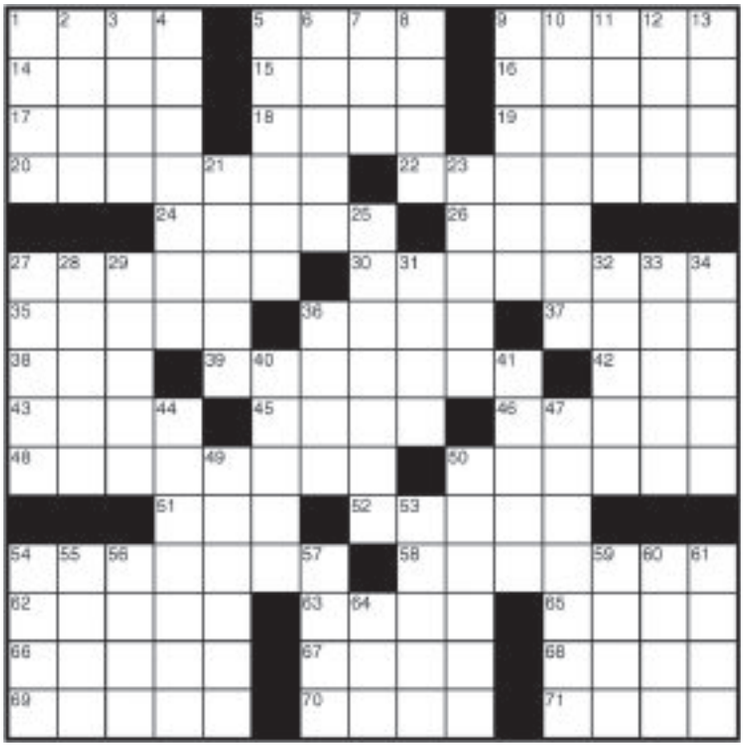
Across

1 Foreign visitors?
5 Driver with a handle
9 Marshal's star
14 Hindu attire
15 Berne's river
16 Really stupid
17 Took a gander
18 Orchard unit
19 Kind of blockade
20 Lord's estate
22 Squirms
24 Discrete
26 "Who sat down beside — . . ."
27 Raw deal (2 wds.)
30 Some voices
35 They can be split
36 "Run — Run"
37 Talking bird
38 Wrench target
39 Padded envelopes
42 JFK lander
43 Neat
45 Slue
46 Chick's cry
48 Let loose
50 Sleeve parts
51 Noon on a sundial
52 Faint flicker
54 North African port
58 Pet in a cage
62 Crocus "bulbs"
63 Annoying plumbing problem
65 Rochester's Jane
66 Speckled fish
67 Latin I verb
68 Links org.
69 Sweater letter
70 Crooner — Martin
71 Gourmet's interest

Down

1 Secondhand
2 Dunaway of films
3 Utah city
4 Pistol or sword
5 Forty winks
6 Wearing less
7 Prior to
8 Coral formation
9 Notebook
10 Reshuffled word
11 Brubeck of jazz
12 Troublesome bug
13 Electric swimmers
21 Pang
23 "— —You Knocking"
25 Factory machinery
27 Congo language
28 180-degree maneuver (hyph.)
29 Theme
31 Implored
32 Youngsters
33 Mooring site
34 Goes backpacking
36 Similar
40 Buzzing about
41 Hotfoot it
44 Upper limit
47 Reflexive pronoun
49 Senor's daily custom
50 Undermine
53 Dalai Lama's city
54 Takes steps
55 Petty in "Point Break"
56 Hot rum mixture
57 Malamute's load
59 Spelling error
60 Thus
61 Leafed through
64 WNW opposite

Yesterday's answer



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Azarenka rallies to defeat Ivanovic, keeps title hopes

U.S. Open. The world No. 2 lost the opening set, but the "other than Serena" option advanced anyway.

Victoria Azarenka was considered going into the tournament to be maybe the only woman capable of stopping Serena Williams from winning her 17th Grand Slam singles title at the U.S. Open.

Azarenka, the No. 2 seed from Belarus, led Williams by a break in the third set of last year's Open final before ultimately losing, but she owns two victories this year over Williams on hard courts.

So when Azarenka lost the first set to No. 13 Ana Ivanovic in Arthur Ashe Stadium on Tuesday, it appeared the women's draw might open up.

But a shaky Azarenka rebounded for a 4-6, 6-3, 6-4 victory that propelled her into the quarterfinals, where she will meet unseeded Daniela Hantuchova. Because her match against Ivanovic was postponed from Monday because of rain, Azarenka must turn around and play the quarterfinals today.

"I'm not concerned about the slow start, it's just a matter of getting that groove," Azarenka said.

Asked if she believed she can win the tournament, Azarenka added with a smile, "Yeah, if I didn't believe that then I wouldn't be here."

Ivanovic's well-known serve troubles reared their head in the second set, as she struggled with her toss and double-faulted five times en route to being broken four times.

ADAM ZAGORIA
sports@metro.us

Azarenka beat Serena Williams two weeks ago. / GETTY IMAGES

Quoted

"I don't know why he's there. I'm not so happy about it either. I'm joking."

Azarenka, on her boyfriend, LMFAO's Red Foo, filming "X Factor" in Australia instead of watching her play

Around the Open

Serena Williams played in the late session, but there was plenty of action early in Flushing Meadows as well.

- No. 1 **Novak Djokovic** had no trouble dispatching **Marcel Granollers**, 6-3, 6-0, 6-0.
- The other early match on the men's side saw sentimental favorite **Lleyton Hewitt** bow out in five sets to No. 21 seed **Mikhail Youzhny**.
- No. 5 seed **Li Na** has quietly marched through to the semifinals, beating **Ekaterina Makarova**, 6-4, 6-7 (5), 6-2.

3 SPORTS

Watch online

Find video and recap of yesterday's White Sox-Yankees game at: **Metro.us/sports.**

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MLB power rankings | by Ryan Hannable

No. 1

Braves (84-53)

There is no change at the top this week as the Braves continue to play consistent ball while maintaining their grip on the NL East lead. Despite losing Sunday, the Braves have won seven of their last eight and continue to receive tremendous pitching as the calendar inches toward October. In five of the seven wins, they allowed two runs or fewer.

No. 2

Red Sox (82-57)

The Sox were able to distance themselves from the rest of the AL East this past week and hold a five and a half-game lead.

No. 3

Dodgers (82-55)

LA. .rebounded from a down week and are winners of six of the last seven. The offense averages 4.08 runs per game.

No. 4

Tigers (81-57)

Detroit has a significant lead over the Indians in the AL Central, but the Tigers have lost four of their last eight games.

No. 5

Cardinals (79-58)

One thing St. Louis will need to be aware of is a lack of offense. In 10 of its last 11 losses it has scored three runs or fewer.

No. 6

Pirates (80-57)

The Pirates are second in the NL in runs per game allowed and are neck and neck with the Cards for first in the NL Central.

No. 7

Rangers (79-58)

The offense has been hot lately, averaging 5.93 runs in their last 15 games. They are tied atop the AL West with Oakland.

No. 8

Athletics (79-58)

Like the Cards and Pirates, the A's and Rangers are neck and neck, flip-flopping for their specific division leads.

No. 9

Reds (77-61)

Cincy is struggling at the wrong time; it's lost six of its last 10 games to fall three and a half games back in the division.

No. 10

Rays (75-61)

If the season ended today, the Rays would be one of the wild-card teams in the AL. Tampa has received good pitching recently.

No. 11

Orioles (73-63)

Losers of five of its last nine, Baltimore might need to shift its attention to the wild card. They trail Boston by 8 1/2 games.

No. 12

Indians (72-65)

Cleveland is losing ground in the AL Central having lost six of seven, including two of three to the division-leading Tigers.

Captain's comeback

Jeter doing small stuff in return

It's been an odd sight all year watching five people play shortstop in Derek Jeter's absence. It's also been a strange sight watching someone go through what essentially is spring training in the middle of a playoff race.

"It's been kind of a unique season," Jeter said. "Now it's just trying to have some good at-bats and swing at strikes and hopefully get some hits but sometimes you can do your job without getting hits. Sometimes my job is to move guys over, and I've done that the last couple days. Of course I'd like to get hits every single time, but that doesn't ever happen. But there's still other ways to help teams win."

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DAY	•	•	•	X	•	X
EVE	•	•				

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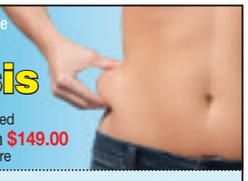

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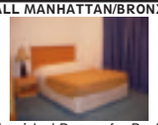

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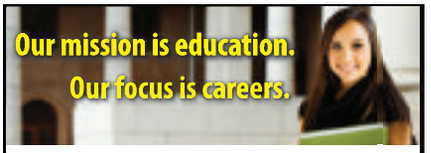

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NOTICE IS HEREBY GIVEN that a license, serial # 1273279, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law 1592 1st Ave., New York, NY 10028. New York County, for on-premise consumption. PQ East 83rd St Inc.

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NOTICE OF FORMATION OF CABEZAS HEALTH LLC Arts of Org. filed with Secy. of State of NY (SSNY) on 03/21/2013. Office location: Queens County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 3418 76th Street, Jackson Hgts., NY 11372. Purpose: any lawful activity

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, September 11, 2013 at 2:00 P.M. at 66 John Street, 11th Floor, on a petition for Rustic Table LLC to modify, maintain, and operate an unenclosed sidewalk cafe at 522 Hudson Street in the Borough of Manhattan for a term of two years.
REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004

Notice of Formation of Compass Nutrition, LLC Arts. of Org. filed with the SSNY on 03/01/2013. Office location: New York County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 22 Cortlandt St., Ste. 1632, NY, NY 10007. Purpose: any lawful activity

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, September 11, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from 14 Spring Street Cafe LLC to establish, to maintain, and operate an unenclosed sidewalk café at 14 Spring Street in the Borough of Manhattan for a term of two years.
REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, September 11, 2013 at 2:00 P.M. at 66 John Street, 11th Floor, on a petition for Mexicali Enterprises LTD to continue to maintain, and operate an enclosed sidewalk cafe at 375 3rd Avenue in the Borough of Manhattan for a term of two years.
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